1: Blackwood E-5 (1929-1930) 1935
ON6 Buka ON6
Kurtatchi

in the canarium almond, since it occurs in the European almond. 146
If taro (a species of *Colocasia*) may be compared to dasheen (*Caladium colocasia*), it probably supplies A, B, and C, but only in small amount.

I regret that I did not pay more attention to the daily quantity 261
of food consumed. In times of ceremonial feasting it is very greatly increased, especially as regards flesh foods. At such times every one eats to satiety, and the feast is considered eminently successful if a quantity of food is left over to lie rotting on the ground at its close. A typical meal for a man under ordinary circumstances 262
might consist of five or six medium-sized taro tubers and one or 146
two small fish, the other items appearing occasionally. The enormous preponderance of taro, which is the groundwork of every meal, would, one may suppose, result in an excess of carbohydrates in the diet,[1] but it is noteworthy that 'carbohydrate is the best material to have on hand for muscular activity', and that it is 'from the point of view of physiological economy, the most economical food' (Hutchison and Mottram, '33, p. 58). The protein content of the ordinary everyday meal is rather low, and there is probably a deficiency in the amount of fat provided, which perhaps accounts to some extent for the relish with which lumps of pig's fat are consumed when available.

While on a journey into the mountains of the Kunua district, 177
starting some twenty miles down the west coast, I saw a patch of 243 ●
maize. I was told that it had originally been planted by some men who had brought it back with them on their return from working as indentured labourers. The coast people do not cultivate it, but they might well do so, as Mrs. Hadden was quite successful in her attempts to grow it on her plantation, proving that local conditions are not unsuited to it. In view of the high nutritive value and vitamin content of maize it might be of some benefit to the natives if facilities for obtaining seed could be provided for them; they might then be induced to cultivate and use it as a regular addition to their diet.

It is worthy of note that though the sago-palm grows in this 137
district in considerable numbers, its leaves being much in demand 824

[1] Maiden (1889, p. 18) gives the following analysis, taken from a descriptive catalogue of the Japanese exhibits at the Health Exhibition, London, 1884: Albumen 1·427; Fat 0·080; Glucose 0·120; Starch 10·400; Pectose, &c. 1·154; Ash 0·987; Water 85·202.